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ABSTRACT

This paper discusses how to raise the level of children's psychological soundness and explains why it is beneficial to do so since it complies with the development of modern society. Many educators have realized that only by improving the psychological quality of students can they improve teaching efficiency, build a sound personality, and cultivate constructs that can meet the requirements of our age. Families should also take an active role in improving children's psychological soundness. Two ways in which this can occur are: (1) parents accepting the fact that children can have psychological problems; and (2) parents improving their own psychological soundness. Other suggestions on how to help children improve their psychological soundness include parents helping children learn independence and caring for their own things; parents encouraging children to cultivate their own thinking and problem solving skills; parents allowing children to express their feelings without rebuke; and parents having close contact with their children's school in order to know about their children's psychological changes. By reaching these goals, the paper suggests that future generations will be more open-minded, more understanding, and will represent a psychologically sound future. (JDM)

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The Countermeasures to the Psychological Pressure of Children in the Technological Age: How to Raise the level of Psychological Soundness in the Family

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The 21st century will witness a high development in science and technology and in economy. In order to survive and develop, people will inevitably face an even keener competition ,which will in crease the psychological pressure among people and decrease their level of psychological soundness .This problem has become even more serious anong children who are growing rapidly in physique and mind .So how to improve children's psychological soundness in the family was become a problem much concerned in the society.

The article lays emphasis on how to raise the level of Children's psychological soundness .It analyses the present conditions of children's psychology and makes corresponding counter measures how to improve Parents' own psychological soundness and how to help children improve their psychological soundness.

According to WHO, A Healthy person should not only be sound in body,but also be sound in physiology and psychology as will as be adaptable in society .¡±There is no doubt that psychological soundness is important in modern life. People have realized that only psychological lie sound people can compete with others in the society,and only psychologically sound people are able to win the competition. More and more people have also come to the realization that we should cultivate children's psychological qualities from childhood so as to melt them naturally into society later in life. Indeed, it's beneficial to raise the level of children's psychological soundness since it complies with the development of modern society. And it's also a new subject for educators.

When the topic raising the level of children's psychological soundness¡±just put forward, many people questioned: "Is it possible for adolescents and infants to develop psychological problems?", But action speaks louder than words.Investigations show many childern, from infants to middle school students,present psychological problems in varying degrees.An investigation in a key middle school in Shanghai shows 29.3% students feit " vexed and depressed ", because of the frustrations in studies and work and the relationship with classmates 32.6% students felt "estranged from heir parents" and felt lonely because their parents can't understand and support them.Another investigation in 1990 among 4693 students from 34 middle schools in Nanjing indicates 15.7% students had problems in characters,and 0.9% of them had serious problems. In JinLing middle school there has

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been one or two students who are unable to sit in for the college entrance examination each year because of psychological problem. Since 1984. In the recent years, children in primary schools,some even in kindergartens are found to be unadapted,overanxious ,obstinate and distracted. So it is not imaginary to think that children have psychological problems It's necessary to prevent and correct these problems.

Much to our relief, the educators have got some achievement through sustained efforts and exploration in this field .Take Shanghai as an example,the educational institutions at all levels have put protection of psychological soundness of children into agenda . School in Shanghai have gradually introduced psychological guidance, psychological consultation into school campuses. Some provide psychological lectures every week ,and some have established the room for psychological consultation.More and more educators have realized only by improving the psychological quantity of students can we improve the teaching efficiency ,build up the sound personality and cultivate constructors who can meet the requirement of our age.

However, improving children's psychological soundness is not only the responsibility of educators,family should also take the responsibility. When psychological consultation has become popular in school ,we should draw our attention to family and put it's function into full play. As we know,family is a cell of society. It is a component of society and it reflects and affects the function of society. Each member of the society should first be a member of family and then a member of the society .Family, a center of actions, has become even more important in modern age,especially in metropolitan cities. The relationship between parents and children was become far closer than ever before because of the size of family and single child policy .In other words ,children are more attached to their parents in feeling .But if parents show their love to children only in the respect of clothing,food,living conditions,that's far from enough .Although children need their care in the material life and studies,they need more in spirit comfort and psychological feedback.

To improve children's psychological soundness in family, we should first change parents' ideas, some parents doubt that children have psychological problems, espeically these who have children in kinder gartens. They only pay attention to the early education of their children,but neglect their psychological problems. They think psychological soundness is a topic for adults.Some parents think to be concerned with children's psychological soundness is to know everything their Children are thinking about and then to correct them according to their own will .Some others think Love means offering everything selflessly and fully satisfying children's needs - all these ideas are wrong .With the development of science and technology,material life has become richer and richer and competition more and more fierce. There is a tendency of precariousness in physiology and psychology of children,which always results in unbalance between physiological growth and adaptability has become a contradition,which causes various psychological problems, such as anxiety, loneliness, fear, indifference. So parents should pay more attention to the psychological soundness of children and should spend time acquiring the knowledge in this respect.A qualified parent should know his child.It doesn't mean to know the life style of his child,but to know his character,temper and hobbies,as well as to

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notice his changes in emotions to see whether they comply with his age.It requires patents to be equipped with some knowledge of psychology and can identify the psychology of each age level.Today's parents are cultivating constructors of the next century.So they must be wise and take it as their target to improve the psychological soundness of children in the early stage of life.Therefore we feel obliged to introduce briefly to parents what are sound psychological qualities.Generally spending,sound psychology means:better adaptation to circumstance, sound personality without defects,stability in feelings and emotions, normal intelligence, strong mindedness, and harmonious behaviors certain response to speed, psychology complying with ages sober awareness, concentrated mind and complete cognition.

Secondly,we should insist that parents improve their psychological soundness, It's have to imagine that a parent instable in personality can cultivate his child sound in psychology.In children's eyes, parents mean norms and values.So they often imitate their patents' words and behaviors.Parents should overcome their own psychological problems.If they have some resentments which can hardly be rid of for the moment, they must try their best to balance or adjust their psychology and show optimism and understanding before children.Children's minds are fragile and sensitive. They will feel safe and trustful in the peaceful state of their parents and will feel anxious and helpless if their parents are resentful and bitter in feeling. So parents should create a warm and harmonious atmosphere for their children at home.But some parents, regardless of the presence of their children,will get their resentment of their chests and thus harm the feeling of their children. They not only involve their children into something unpleasant, but also cast indifference and doubt into their minds.In modern society,divorce was become the solution to solve the emotional problems.Many Chinese people will no longer keep the broken marriages to save their faces.But as parents, they should remember that they have the responsibility to cultivate their children while pursuing their personal happiness and develpment. To create an affectionate and trustful environment is beneficial to the psychological soundness of children.

Now we'll talk about how to help children improve their own psychological soundness.After years of research and practrce, we are going to put forward some suggestions. First, parents should purposely cultivate children'sability of independance. Because of the improving of our living standard and one-child policy, children have become the center of the family.Under great care, they become more dependent on others,unable to take care of themselves in life.But some parents disregard the problem and think as long as their children study hard and get good results, it doesn't matter if they are unable to do housework. But if they are unable to do some basic things for their existence,how can they have the ability to compete with others in society ? So parents should correct this tendering of biased education, help their children to learn basic things in life and ask them to do some housework according to their ages. When they are still babies, parents can teach them how to wash their handkerchieves, put toys in order. If there good habits continue, children will be completely independent after they graduate from middle school. This kind of education, not only lay solid foundation for their future competition, but also cultivate their confidence in life as well as independence.

To cultivate children's independence, we should cultivate their independent awareness besides training their ability to manage their own life. A dependent child is frigate,unable to experience frustratives and setbacks.Parents should cultivate children's independent thinking and ask them to solve their own problems. Meanwhile they should end their children's dependence on parents, letting them know that they should live the life themselves and no one can live for them.Parents can give them help when they are in need,but they should work hard for their own future. Parents can purposely leave some problems for children to solve.After frustrations, children's psychological endurance will improve and they will become really mature.

Secondly, parents should respect children's independence and pay attention to the emotional exchange among children.They should not scold their children.Severe rebukes will result in depression and inferiority complex of children. Parents should create a democratic and a tolerable atmosphere in the family, allow children to express their own ideas and speak their minds.A good understanding with children is much better than a severe rebuke. If parents want to have a good understanding with children, they should follow the following principles: 1. The principle of understanding:Parents should experience children's inner feelings in order to know their motive of behavior. 2. The principle of trust. Trust expresses parents love in a most pertinent way. Because of trust, children can tell everything to their parents without reserve. Because of trust, children will feel safe, warm and confident.Because of trust, children can experience parents'deep love. While parents,because of trust, will understand and accept their mistakes and troubles, and help them change and grow with confidence. 3. The principle of encouragement. Psychologists believe that encouragement is better than punishment. The encouragement from parents will make children more confident and thus develop their potentials. 4. The principle of patience. It's often said,"No difficult is insurmountable if one sets his mind on it. It takes ten years to grow trees, but a hundred to rear people. So to improve children's psychological soundness is a long time job.

Thirdly, parents should have close contact with school in order to know children's psychological changes. In the family, parents should ask to use some methods used in psychological consultation, such as catharsis and listening,while provide children with an outlet for their emotions and troubles. Then parents can help them find out the crux of their problems. The meaning of catharsis is to enforce their will of self-analysis and to set up the confidence in overcoming difficulties.

Our goal is to cultivate children into psychologically sound constructors.We'll make great efforts to achieve the goal.We are confident to see that young people of 21st century will be much stronger than ever. We can expect that the future generation with modern ideas will be more open-minded, more understanding and they will represent a psychologically sound future.

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